

## RESTORING BODIES, RESTORING LIVES

**PJ** Olsen once stood where many of her clients stand today. Having worked for many years at a desk job, her body was paying the price of prolonged sitting. “No matter how active you are after hours, if you sit behind a computer for hours on end your body is going to break down,” she says.

But she refused to accept that a declining body was simply the toll for getting older. She started looking for solutions to heal her body. Kettlebell and yoga regimens were a helpful first step, but it was her discovery of Original Strength®, a movement restoration system, that sparked her new life—and her new business.

“Finding Original Strength was the key to turning my whole life around,” Olsen says. “It’s a simple restoration system based on movement patterns originally programmed into our bodies in infancy. When

applied to an adult body, these movements can rapidly restore strength and mobility and create a resilient body.”

Using the Original Strength system, Olsen’s body was completely revitalized. Recognizing that many of her peers struggled with simple tasks like climbing stairs and getting off the floor unassisted, she set out to help others achieve what she had achieved.

She became a Level 2 Original Strength Certified Coach, and in 2015, at 57 years old, Olsen launched Restorative Strength.

### From Student to Teacher

Olsen’s story gives clients hope—and “hope is a powerful thing,” she says.

Using the five “resets” of the Original Strength system, Olsen guides clients through diaphragmatic breathing, head control, rolling, rocking, and, yes, crawling.

“Every session includes some version of crawling, which is a gentle strength-building movement. Although it seems infantile, it could be the one thing that improves your strength, mobility, and even your

athletic performance.”

For those who follow Olsen’s lead, it’s life changing.

“The Original Strength movement system has proven effective for every single one of my clients—whether they needed improved strength and mobility or were working through hip and shoulder pain. It has also been shown to greatly improve balance, posture, coordination, and gait pattern in my clients with Parkinson’s disease,” says Olsen.

Consider, for example, the gentleman who kicked his heavy painkiller dependency after just three weeks under Olsen’s tutelage. Or the woman who delayed her hip replacement after significantly reducing her pain with Olsen’s coaching. Crawling doesn’t seem so silly anymore, does it?

### Moving Forward

As a certified Kettlebell instructor, certified yoga instructor, and wellness practitioner, Olsen often incorporates kettlebell and yoga into her clients’ routines.

She offers one-on-one training sessions, group fitness, and educational movement workshops. She hopes to soon offer workplace seminars and sport-specific mobility mini-clinics, as well.

What’s really excited Olsen recently, though, is finally being able to launch her Rock Steady Boxing classes—a noncontact boxing-based program designed specifically for those with Parkinson’s disease.

“It’s amazing to see my clients’ pain diminished so significantly that they can get back to the things they once enjoyed,” Olsen says. “I want people to know that they can get strong again and that age is not a factor that’s going to limit them. Movement heals!”

**PJ Olsen, Owner of Restorative Strength, helps the 50-plus crowd restore their strength and mobility and reduce pain so they can get back to doing what they love.**



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